WHAT IS CLAIMED IS:

1. A method for stimulating the growth of fingernails, toe nails, and hooves in a mammal, comprising administering to the nail and nail bed a composition that comprises a ionic metal-peptide complex in an amount effective to increase nail growth and produce stronger and smoother nail.

2. The method of claim 1, wherein the ionic metal is selected from the group consisting of copper (II) or tin (II) and therapeutically acceptable salts and complexes thereof.

3. The method of claim 1, wherein the ionic metal is copper (II).

4. The method according to claim 1, wherein the peptide of the ionic metal-peptide complex is an enzymatic hydrolysis of casein, collagen, elastin, meat products, silk protein, or soybean protein.

5. The method according to claim 1, wherein the peptide of the ionic metal-peptide complex is an acid hydrolysis of casein, collagen, elastin, meat products, silk protein, or soybean protein.

6. The method according to claim 1, wherein the peptide of the ionic metal-peptide complex is a basic hydrolysis of casein, collagen, elastin, meat products, silk protein, or soybean protein.

7. The method according to claim 1, wherein the peptide of the ionic metal-peptide complex is a bacterial hydrolysis of casein, collagen, elastin, meat products, silk protein, or soybean protein.

8. The method according to claim 1, wherein the peptide of the ionic metal-peptide complex is a chemically synthesized copper binding peptide.

9. The method according to claim 1, wherein the peptide of the ionic metal-peptide complex is a chemically synthesized peptide and the ionic metal is copper (II), or tin (II).

10. The method according to claim 1, wherein the ionic metal-peptide complex is combined with a carrier to form a cream or lotion.

11 The method according to claim 1, wherein the concentration of the ionic metal-peptide complex in the composition is 1% to 25%.

12. A method for improving nail and hoof health, smoothness, and strength in a mammal, comprising administering to the nail or hoof of said mammal a pharmaceutical composition that comprises a ionic metal-peptide complex in an amount effective to stimulate growth and repair and smooth the organ.